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Parsons

English Cookery

Five Hundred Years Ago:

Exhibited in

Sixty "Nyms," or Receipts.

From a Manuscript, compiled about 1390, by the Master Cooks of King Richard the Second, entitled "The Forme of Cury," &c.

Printed (verbatim) in Black Letter, with the addition of a running Glossary and Notes.

A very limited number printed.

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ENGLISH COOKERY FIVE HUNDRED YEARS AGO.

I.—*For to make gronden*(1) *benes.*

Take benes and dry hem in a nost (*kiln*) or in an obene, and hulle hem wele, and windewe (*winnow*) out the huskes, and wayshe hem clene, and do (*put*) hem to seeth in gode broth, and ete hem with bacon.

II.—*For to make drawen benes.*

Take benes and seeth hem, and grynde hem in a morter, and drawe(2) hem up with gode brothe, and do oynonns (*onions*) in the broth, grete mynced,(3) and do (*put*) thereto, and color it with safron,(4) and serve it forth.

III.—*For to make grewel forced.*(5)

Take grewel, and do to (*put it to*) the fyre with gode flessh, and seeth it well. Take the lire (*flesh*) of pork, and grynd it smal,(6) and drawe the grewel thurgh a stryner, and color it with safronn, and serve forth.

IV.—*Caboches* (cabbages) *in potage.*

Take caboches and quarter hem, and seeth hem in gode broth, with oynonns y(7) mynced, and the whyte of lekes y slyt, and corve (*cut*) smale, and do thereto safronn and salt, and force it with powdor douce.(8)

1—'Gronden benes.' Beans stript of their hulls. This was a dish of the poorer householder.

2—'Drawe hem up.' Mix them.

3—'Grete mynced.' Not too finely minced.

4—The drug saffron is repeatedly used in the following receipts for the purpose of *colouring* the messes. At the period of this compilation, it had been imported into England but a short time. Weever's Fun. Mon. p. 624. The word is probably derived from the Arabic *zapheran*, the drug itself being a native of the East.

5—'Grewel forced,' enriched with flesh.

6—'Grynd it smal,' bruise it in a mortar.

7—'Y mynced,' the letter *y* is here, and in numberless other places, an expletive, being an usual prefix to adjectives and participles in our old authors. It came from the Saxon. It occurs repeatedly in Chaucer, Gower, the author of Pierce Plowman's Visions, and all the other writers of the 14th century.

8—'Powdor douce.' This appears to be what we at present denominate *all-spice.*

V.—*Rapes* (turnips) *in potage.*

Take rapus and make hem clene, and waissh hem clene. Quare hem(9), parboile hem; take hem up, cast hem in a gode broth, and seeth hem. Mynce oynonns, and cast thereto safronn and salte, and messe (*dish*) it forth with powdor douce. In the wise (*same manner*) make of pasturnakes (*parsnips*) and skyrwates (*skirrets*).

VI.—*Eowtes of flessh* (qy).

Take borage, cool (*colewort*), lang-debef(10), persel (*parsley*), betes (*beet root*), orage (*orach*), auance (*avens*), violet, sawray (*savory*), and fenkel (*fennel*), and when they buth (*are*) soden, presse hem wel smale, cast hem in gode broth, and seeth hem, and serve hem forth.

VII.—*Hebolace.*(11)

Take oynonns and erbes, and hewe hem small, and do therto gode broth, and aray (*dress*) it as thou didest caboche; if they be in fyssh day, make (*dress them*) on the same maner with water and oyl; and if it be not in Lent, alye (*mix*) it with ȝolkes of eyren (*eggs*), and dresse it forthe, and cast thereto powdor-dowce.

VIII.—*Gourdes* (gourds) *in potage.*

Take young gowrdes, pare hem, and kerve hem on pecys (*cut them in pieces*). Cast hem in gode broth, and do thereto a good partye (*quantity*) of oynonns mynced. Tak pork soden; grynd (*bray*) it, and alye (*mix*) it therewith, and with ȝolkes of ayren (*eggs*). Do thereto safronn and salt, and messe it forth with powdor-douce.

IX.—*Ryse* (rice) *of flessh.*

Take ryse and waishe hem clene, and do hem in (*into*) erthen pot with gode broth, and lat hem seeth wel. Afterward, take almannd mylke(12), and do thereto, and color it with safronn, and messe forth.

X.—*Funges* (mushrooms).

Take funges, and pare hem clene, and dyce hem(13); take leke, and shred hym small, and do hym to seeth in gode broth; color it with safron, and do thereinne powdor-fort(14).

9—'Quare hem.' Cut them in *squares*, or small pieces.

10—'Lang-debef.' Bugloss, buglossum sylvestre. These names all arise from a similitude to an ox's tongue.—*Pegge.*

11—'Hebolace.' Probably from the *herbs* made use of in the process.

12—'Almannd mylke.' This consisted of almonds ground, and mixed with milk, broth, or water.

13—'Dyce hem.' Cut them into little square pieces, like dice.

14—'Powdor-fort.' A mixture of the warmer spices, pepper, ginger, &c.

XI.—*Bursen* (qy).

Take the whyte of lekes, slype hem, and shrede hem small. Take noumbles(15) of swyne, and parboyle hem in broth and wyne. Take hym up, and dresse hym, and do the leke in the broth. Seeth and do the noumbles thereto; make a lyor (*mixture*) of brode(*bread*), blode, and vynegre, and do thereto powdor-fort; seeth oynonns, mynce hem, and do thereto. The self wise make of pigges (*in the same manner dress pigs*).

XII.—*Corat* (qy).

Take the noumbles of calf, swyne, or of shepe; parboile hem, and skerne (*cut*) hem to dyce; cast hem in gode broth, and do thereto herbes. Grynde chybails (*young onions*) small y hewe. Seeth it tendre, and lye (*mix*) it with ȝolkes of eyrenn (*eggs*). Do thereto verjous, safronn, powdor-douce, and salt, and serve it forth.

XIII.—*Noumbles.*

Take noumbles of deer, other(16) of other beest; perboile hem; kerf (*cut*) hem to dyce; take the self broth(17), or better. Take brede and grynde with the broth, and temper it up with a gode quantitie of vyneger and wyne. Take the oynonns and perboyle hem, and mynce hem small, and do (*put them*) thereto. Color it with blode (*blood*), and do thereto powdor-fort, and salt, and boyle it wele, and serve it fort (*forth*).

XIV.—*Roo Broth* (roe).

Take the lire of the deer other (*or*) of the roo (*roe-buck*), parboile it on smale peces. Seeth it wel, half in water, and half in wyne. Take brede, and bray it with the self (*same*) broth, and drawe (*add*) blode thereto, and lat it seeth togedre with powdor-fort of gynger, other of canell(18), and macys (*mace*), with a grete porcionn of vyneger, with raysons of corannte (*currants*).

XV.—*Tredure* (qy).

Take brede and grate it. Make a lyre (*mixture*) of rawe ayrenn (*eggs*), and do thereto safronn and powdor-douce; and lye it (*mix*) up with gode broth, and make it as a cawdel, and do thereto a lytel verjons (*verjuice*).

15—'Noumbles.' The entrails of any beast, but confined, at present, to those of the deer. Mr. Pegge suspects a *crasis* in the case, quasi *an umble*, singular for what is plural now, from Latin 'Umbilicus.' Vide Pegge's Glossary in *Forme of Cury*.

16—Other, that is, *or* "Veteribus usurpantur pro or" Lye, Jun. Etym. in Verb. See also Chaucer's, Lydgate's, and Gower's works, in which this word is repeatedly used in the room of *or*.

17—'Self broth.' The broth in which the noumbles had been before parboiled.

18—'Canell.' Cinnamon in the Italian *canella*.—*Pegge*.

XVI.—*Monchelet* (qy).

Take beel, other (*or*) moton, and smite it to gobetts(19). Seeth it in gode broth. Cast thereto herbes y hewe (*shred*), gode wyne, and a quantitie of oynonns mynced, powdor-fort, and safronn; and alye (*mix*) it with ayrenn and bergons (*verjuice*); but lat not seeth after.

XVII.—*Bukkenade* (qy).

Take hennes, other conynges (*rabbits*), other beel, other (*or*) other flessh, and hewe hem to gobetts; waische (*wash*) it, and hit well(20). Grynde almandes unblanched, and drawe hem up with the broth. Caste thereinne raysons of corance (*currants*), sugar, powdor gynger, erbes ystewed (*stewed*) in grees (*fat, or lard*), oynonns and salt. If it is to (*too*) thynne, alye (*mix*) it up with floer of ryse (*rice*), other with other thyng, and color it with safronn.

XVIII.—*Connates*(21).

Take connes and pare hem; pyke (*pick*) out the best, and do (*put*) hem in a pot of erthe (*earthen pot*). Do thereto whyte grece (*lard*), that he stewe thereinne, and lye (*mix*) hem up with hony(22) clarified, and with rawe ȝolkes, and with a lytell almannd mylke, and do thereinne powder-fort and safronn; and loke that it be yleeshed (*cut into slices*).

XIX.—*Drepee* (qy).

Take blanched almandes, grynde hem, and temper hem up with gode broth; take oynonns, a grete quantite, perboyle hem, and frye hem, and do (*put*) thereto. Take small byrddes (*birds*), perboyle hem, and do thereto pellydore(23), and salt, and a lytel grece.

19—'Smite it to gobetts.' Cut it into large pieces, "Better and gretly more plesaunt is a morsell, or litle *gobet* of brede with joye," &c. Vide Jun. Etym. in Verb.

20—'Hit well.' Probably, bray it well.

21—'Connates.' This dish seems to have been a kind of marmalade of *connes*, or quinces, from the French *coing*.—*Pegge*.

22—'Hony clarified.' From the most remote antiquity, and in the unrefined periods of almost all nations, we find honey to have been used, either as a dish of itself, or an ingredient in others. This would be the case, of course, in those countries, where the industry of the bee supplied, without trouble, this agreeable article. Its use continued to be general till the introduction of sugar afforded a sweetener more agreeable to the palate. We meet with it frequently in the Bible, as a luxury well known at the patriarchal table. The Greeks also were fond of honey in their dishes, Schol. Aristoph. ad Equit. v. 1100. And the Roman cook was continually making use of it. Vide Apicium. The Danes were very partial to it also, and their favourite beverage, the metheglin, was composed chiefly of it. Mallet's North. Ant. The English possessed the same predilection for it, a predilection which, on a particular occasion, proved fatal to a great many of them. For we are told, that the soldiers of Edward I. in marching through Palestine, ate so freely of honey, that vast numbers of them died in consequence of it.

23—'Pellydore.' Perhaps *pellitory*.—*Pegge*.

XX.—*Mawmenee* (qy).

Take a pottel of wyne greke(24), and two ponnde (*pounds*) of sugar. Take and clarifye the sugar with a quantite of wyne, and drawe it thrugh a stynnor in to a pot of erthe (*an earthen pot*); take floer of canell (*cinnamon*) and medle (*mix*) it with sum of the wyne, and cast to gydre (*put it all together*). Take pynes(25), with dates, and frye hem a litell in grece, other (*or*) in oyle, and cast hem to gydre. Take clowes (*cloves*), and floer of canell hool(26), and cast thereto. Take powdor gynger(27), canel, clowes, color it with sandres (*sandall wood*), a lytell yf hit be nede; cast salt thereto, and let it seeth warly (*gently*) with a slowe fyre, and not to thyk (*not long enough to be too thick*). Take brawn (*the flesh*) of capons yteysed(28), other of fesaunt, teysed small, and cast thereto.

XXI.—*Egurdouce*(29).

Take conynges, or kydde, and smyte hem on pecys rawe; and frye hem in white grece. Take raysons of corannce and fry hem, take oyuonns, parboile hem, and hewe hem small, and fry hem; take rede wyne, sugar, with powdor of pepor, of gynger, of canel (*cinnamon*), salt, and cast thereto; and lat it seeth with a gode quantite of white grece, and serve it forth.

XXII.—*Capons in concys* (qy).

Take capons and rost hem right hoot (*hot*), that they be not half y nouhg (*enough*), and hewe them to gobettes, and cast hem in a pot; do (*put*) thereto clene broth, seeth hem, that they be tendre. Take brede, and the self (*same*) broth, and drawe it up yferes (*together*). Take strong powdor, and safronn, and salt, and cast thereto. Take ayrenn (*eggs*), and seeth them harde; take out the ȝolkes, and hewe the whyte thereinne; take the pot fro the fyre, and cast the whyte thereinne. Messe the dissh therewith, and lay the ȝolkes hool, and floer it with clowes.

XXIII.—*Hares in talbotes* (qy).

Take hares, and hewe hem to gobettes, and seeth hem with the blode, unwaissheb, in broth; and whan they buth (*be*)

24—'Wyne greke.' This was a sweet wine, imported from Cyprus or some other islands of the Archipelago.

25—'Pynes.' Mr. Pegge supposes the *pyne* to be the mulberry.

26—'Floer of canell hool.' How can it be the flour, or powder, if whole? Query, *flour of canell*, for *mace*.—*Pegge*.

27—'Powdor gynger.' Called elsewhere, No. 131, white powder. The spice ginger.

28—'Yteysed,' or 'teysed,' as afterwards. Pulled in pieces by the fingers, called 'teezing,' No. 36. Modern luxury still retains this filthy custom, and the birds thus lacarated are called *pulled* turkies, or *pulled* chickens.

29—'Egerdouce.' The term expresses *piccante dolce*, a mixture of sour and sweet; but there is nothing of the former in the composition.

y nouh (*enough*), cast hem in colde water. Pyke and waisshe hem clene. Cole (*cool*) the broth, and drawe it thurgh (*through*) stynnor (*strainer*). Take other blode, and cast in boylyng water; seeth it, and drawe it thurgh a stynnor. Take almanndes unblanched, waisshe hem, and grynde hem, and temper it up with the self (*same*) broth. Cast al in a pot. Take oynonns, and parboile hem, smyte hem small, and cast hem into this pot. Cast thereinne powdor-fort, vynegar, and salt.

XXIV.—*Hares in Papdele* (qy).

Take hares, parboile hem in gode broth. Cole (*cool*) the broth, and waisshe the fleyssh, cast azeyn (*again*) to gydre. Take obleys(30), other (*or*) wafrouns (*wafers*) in stede of loseyns(31), and cowche (*lay them*) in dysshes. Take powdor-douce, and lay on, salt the broth, and lay onoward (*upon it*), and messe forth.

XXV.—*Connynges* (rabbits) *in cynee* (qy).

Take connynges, and smyte hem on peces, and seeth hem in gode broth. Mynce oynonns, and seeth hem in grece, and in gode broth, do (*put*) thereto. Drawe a lyre of brede, blode, vynegar, and broth, do thereto with powdor-fort.

XXVI.—*Connynges in gravey.*

Take connynges, smyte hem to pecys. Parboile hem, and drawe hem with a gode broth, with almandes blanched, and brayed. Do (*put*) thereinne sugar, and powdor gynger, and boyle it, and the flessh therewith. Floer it with sugar, and with powdor gynger, and serve forth.

XXVII.—*Chykens in gravey.*

Take chykens, and serve in the same manner, and serve forth.

XXVIII.—*Fylettes of galyntyne*(32).

Take fylettes of pork, and rost hem half ynowh (*enough*), smyte hem on pecys. Drawe (*make*) a lyor (*mixture*) of brede

30—'Obleys.' A kind of *wafer*, otherwise called *nebulæ*. Our ancestors were very fond of these little compositions of flour, sugar, and eggs, and formerly there was an office at court stiled the wafery, the officers of which were solely employed in making wafers for the royal palate. Royal Household Estab. p. 72. We seem to have learnt the art of making wafers from the French.

31—'Loseyns.' A lozenge is interpreted by Cotgrave, 'a little square cake of preserved herbs, flour,' &c.—*Pegge*. School-boys, at this day, call those little round cakes, composed of treacle, or brown sugar, and a little flour, baked, lozenges. At great feasts, these were sometimes covered with gold. Lel. Coll p. 227.

32—'Fylettes of galyntyne.' Fillets of galyntyne. Galyntyne seems to have been a preparation in which the galingale, or long-rooted cyperus, was a predominant ingredient.—*Pegge*.

and blode, and broth, and vinegar, and do (*put*) thereinne. Seeth it well, and do thereinne powdor, and salt, and messe it forth.

XXIX.—*Pigges in sawse sawge* (sage sauce).

Take pigges yshaldid (*scalded*), and quarter hem, and seeth hem in water and salt; take hem and lat hem kele (*cool*). Take parsel, sawge, and grynde it with brede and ȝolkes of ayren, harde ysode (*boiled*). Temper it up with vinegar sumwhat thyk, and lay the pygges in a vessell, and the sewe (*liquor*) onoward (*upon them*), and serve it forth.

XXX.—*Sawse Madame.*

Take sawge, parsel (*parsley*), ysope (*hyssop*), and savray, quinces and peers, garlek and grapes, and fylle the gees therewith; and sowe the hole that no greece come oute; and roost hem wel, and kepe the grece that fallith thereof. Take galyntyne and grece, and do in a possynet (*posnet*). When the gees buth (*be*) rosted ynouh (*enough*), take and smyte hem on pecys, and that tat (*that*) is withinne, and do it in a possynet, and put thereinne wyne, if it be to thyk. Do (*put*) thereto powdor of galyngale, powdor-douce, and salt, and boyle the sawse, and dresse the gees in dysshes, and lay the sowe (*liquor*) onoward.

XXXI.—*Gees in hoggepot*(33).

Take gees and smyte hem on pecys. Cast hem in a pot; do thereto half wyne and half water; and do thereto a gode quantite of oynonns and erbest (*herbs*). Set it over the fyre, and cover it fast. Make a layor (*mixture*) of brede and blode, and lay it therewith. Do thereto powdor-fort, and serve it forth.

XXXII.—*Carnel of pork* (qy).

Take the brawnn of swyne. Parboile it, and grynd it smale, and alay (*mix*) it up with ȝolkes (*yolks*) of ayrenn (*eggs*). Set it over the fyre with white greece, and lat it not seeth to fast. Do (*put*) thereinne safronn and powdor-fort, and messe it forth; and cast thereinne powdor-fort, and serve it forth.

XXXIII.—*Chykens in cawdel.*

Take chykenns and boile hem in gode broth, and ramme hem up(34). Thenne take ȝolkes of ayren (*eggs*), and the broth, and alye (*mix*) it togedre. Do thereto powdor of gynger, and sugar ynowh (*enough*), safronn and salt; and set it over the fyre withoute boyllynge, and serve the chykens hole (*whole*), other (*or*) ybroken (*divided*), and lay the sowe (*liquor*) onoward.

33—'Gees in hoggepot.' Geese in *hotch-potch*, a kind of farrago, or *gallimaufry*, composed of a variety of ingredients mixed together.

34—Bruised, and pressed close together.

XXXIV.—*Chykens in hocchee* (qy).

Take chykenns and scald hem. Take parsel (*parsley*) and sawge, without eny other erbes; take garlec and grapes, and stoppe the chikens ful, and seeth hem in good broth, so that they may esely be boyled thereinne. Messe hem, and cast thereto powdor-douce.

XXXV.—*For to boile fesantes, partruches, capons. and curlewes.*

Take gode broth and do (*put*) thereto the fowle; and do thereto hool peper, and floer of canell (*cinnamon powder*) a gode quantite, and lat hem seeth therewith; and messe it forth, and then cast thereon powdor-douce.

XXXVI.—*Blank-mang* (qy.)

Take capons and seeth hem, thenne take hem up. Take almandes blanched. Grynd hem, and alay (*mix*) hem up with the same broth. Cast the mylk in a pot. Waisshe rys (*rice*) and do (*put*) thereto, and lat it seeth. Thanne take brawn of caponns, teere it small, and do thereto. Take white greece, sugar, and salt, and cast thereinne. Lat it seeth. Then messe it forth, and florish it with aneys in confyt, rede other whyte(35) and with almandes fryed in oyle, and serve it forth.

XXXVII.—*Blank-dessorre* (qy).

Take almandes blanched, grynde hem, and temper hem up with whyte wyne, on fleissh day, with broth, and cast thereinne floer of rys, other (*or*) amydonn(36), and lye (*mix*) it therewith. Take brawn of capons yground (*brayed*); take sugar and salt, and cast thereto, and florish it with aneys whyte. Take a bessel yholes (*qy.*), and put in safron, and serve it forth.

XXXVIII.—*Morree*(37).

Take almandes blanched, waisshe hem, grynde hem, and temper hem up with rede wyne, and alye (*mix*) hem with floer of rys (*rice*). Do (*put*) thereto pynes yfryed, and color it with sandres (*sandal wood*). Do thereto powdor-fort, and powdor-douce, and salt. Messe it forth, and floer (*flourish*) it with aneys confyt whyte.

XXXIX.—Charlet (qy).

Take pork and seeth it wel. Hewe it smale. Cast it in a panne. Breke ayrenn (*eggs*), and do thereto, and swyng (*shake*) it wel to-gyder. Put thereto cowe mylke and safronn, and boile it togyder. Salt it, and messe it forth.

35—'Aneys,' &c. *i. e.* aniseed confectioned red or white, used for garnish. *Pegge.*

36—'Amydonn.' Fine wheat flour steeped in water, strained and let stand to settle, then drained, and dried in the sun, used for bread, and in broths. *Cotgrave.*

37—'Morree.' Probably from the mulberries used therein.—*Pegge.*

XL.—*Charlet yforced* (qy).

Take mylke and seeth it, and swyng (*mix*) therewith ȝolkes of ayren (*eggs*), and do (*put*) thereto; and powdor of gynger, sugar, and safronn, and cast thereto. Take the charlet out of the broth, and messe it in dysshes. Lay the sewe (*liquor*) onoward (*upon it*). Floer it with powdor-douce, and serve it forth.

XLI.—*Cawdel ferry* (qy).

Take floer of payndemayn (*white bread*) and gode wyne; and drawe (*mingle*) it togydre. Do thereto a grete quantite of sugar cypre, or hony clarified; and do thereto safronn. Boile it, and whan it is boiled, alye (*mix*) it up with ȝolkes of ayren, and do thereto salt, and messe it forth, and lay thereon sugar and powdor gynger.

XLII.—*Jusshell*(38).

Take brede ygrated, and ayren, and swyng it togydre; do thereto safronn, sawge, and salt, and cast broth thereto. Boile it, and messe it forth.

XLIII.—*Jushell enforced* (with meat in it).

Take and do thereto as to Charlet yforced, and serve it forth.

XLIV.—*Mortrews*(39).

Take hennes and pork, and seeth hem togydre. Take the lyre (*flesh*) of hennes and of the pork, and hewe it small, and grinde it all to doust. Take brede ygrated, and do thereto, and temper it with the self broth, and alye it with ȝolkes of ayren, and cast thereon powder-fort; boile it, and do therein powder of gynger, sugar, safronn, and salt, and loke that it be stonding (*stiff*), and floer it with powdor gynger.

XLV.—*Mortrews blank.*

Take pork and hennes, and seeth hem as to fore. Bray almandes blanched, and temper hem up with the self (*same*) broth, and alye (*mix*) the fleissh with the mylke, and white floer of ryȝ (*rice*), and boile it, and do therein powdor of gynger, sugar, and look that it be stondyng.

XLVI.—*Brewet*(40) *of almony* (of Germany).

Take conynges or kiddes, and hewe hem small on moseels (*into morsels*), other (*or*) on peeys. Parboile hem with the same broth. Drawe (*make*) an almaunde mylke, and do the fleissh therewith. Cast thereto powdor galyngale, and of gynger,

38—'Jusshell.' A mixture of divers things.

39—'Mortrews.' Meat made of boiled hens, crummed bread, yolk of eggs, and safron, all boiled together.—*Speght's Chaucer.* So called, says Skinner, who writes it *mortress*, because the ingredients are all pounded in a mortar.—*Pegge.*

40—Brewet and bruet, from the French *brouet*, pottage or broth.—*Pegge.*

with floer of rys (*rice*), and color it with alkenet(41). Boile it, and messe it forth with sugar and powdor-douce.

XLVII.—*Pejons* (pigeons) *ystewed.*

Take pejons, and stop (*stuff*) hem with garlec ypylled (*peeled*), and with gode erbes ihewe (*herbs shred small*); and do hem in an earthen pot. Cast thereto gode broth and whyte grece, powdor-fort, safronn, verjons (*verjuice*), and salt.

XLVIII.—*Loscyns* (lozenges).

Take gode broth, and do (*put it*) in an erthen pot. Take floer of payndemayn (*white bread*) and make thereof past with water; and make thereof thynne foyles as paper, with a roller; drye it harde, and seeth it in broth. Take cheese ruayn(42), grated, and lay it in dissbes with powdor-douce; and lay thereon loseyns isode (*sodden*), as hoole (*whole*) as thou myȝt (*canst*); and above, powdor and cheese, and so twyse or thryse, and serve it forth.

XLIX.—*Tartlettes.*

Take pork ysode (*sodden*), and grynde (*bruise*) it small with safronn, medle (*mix*) it with ayren (*eggs*) and raisons of coraunce, and powdor-fort, and salt; and make a foile (*crust*) of dowhg (*dough*), and close the fars (*forced-meat*) thereinne. Cast the tartletes in a panne with faire water boillyng and salt, take of the clene flessh withoute ayren, and boile it in gode broth. Cast thereto powdor-douce and salt, and messe the tartletes in dissbes, and helde (*cast*) the sewe (*liquor*) thereonne.

L.—*Pynnonade* (named from the pines).

Take almandes iblanched, and drawe (*make*) them sumdell (*somewhat*) thicke with gode broth, other (*or*) with water, and set on the fire, and seeth it. Cast thereto ȝolkes of ayren ydrawe. Take pynes yfryed in oyle, other in greece, and thereto whyte powdor-douce, sugar and salt, and color it with alkenet a lytel.

LI.—*Rosee* (from the white roses).

Take thyk mylke as to fore welled (*before directed*). Cast thereto sugar, a gode porcion pynes. Dates ympyced, canel, and powdor gynger, and seeth it, and alye (*mix*) it with floers of white rosis, and floer of rys. Cole (*cool*) it, salt it, and messe it forth. Yf thou wilt, in stede of almannde mylke, take swete cremes of kyne (*cows*).

41—Alkenet. This is supposed to be a species of the *buglos.*—*Pegge.*

42—'Cheese ruayn.' Perhaps of Rouen, in Normandy. *Rouen*, in French, signifies the colour we call *roan.*—*Pegge.*

LII.—*Cormarye* (qy).

Take colyandre (*coriander*), caraway, smale grounden, powdor of peper, and garlec ygronde (*brayed*) in rede wyne. Medle (*mingle*) all thise togyder, and salt it. Take loynes of pork, rawe, and fle of the skyn, and pryk it well with a knyf, and lay it in the sawse. Roost thereof what thou wilt, and keep that that fallith therefrom in the rosting, and seeth it in a possynet (*pipkin*), with faire (*clean*) broth, and serve it forth with the roost anoon (*immediately*).

LIII.—*Newe noumbles of deer.*

Take noumbles (*entrails*) and waisshe hem clene, with water and salt, and parboile hem in water. Take hem up and dyce hem. Do with hem as with other noumbles.

LIV.—*Chyryse* (cherries).

Take almandes unblanched, waisshe hem, grynde hem, drawe hem up with gode broth. Do thereto thridde part of chiryse. The stones take oute, and grynde hem smale; make a layor (*mixture*) of gode brede, and powdor, and salt, and do thereto. Color it with sandres (*sandal wood*) so that it may be stondyng (*stiff*), and florish it with aneys (*aniseed*) and with chewerys (*cherries*), and strawe (*scatter them*) thereuppon, and serve it forth.

LV.—*Payn fondew* (qy.)

Take brede, and frye it in grece, other (*or*) in oyle; take it, and lay it in rede wyne. Grynde it with raisons. Take hony, and do it in a pot, and cast thereinne gleyres (*whites*) of ayren (*eggs*), with a litel water, and bete it well togider with a sklyse (*slice*). Set it over the fire, and boile it; and whan the hatte (*scum*) arisith to goon (*go*) over, take it adonn (*off*) and kele (*cool*) it; and when it is thus clarified, do (*put*) it to the other, with sugar and spices. Salt it, and loke (*see*) it be stondyng (*stiff*). Florish it with white coliandre (*coriander*) in confyt (*in confection*).

LVI.—*Fonnell* (qy).

Take almandes unblanched. Grynde hem, and drawe hem up with gode broth. Take a lombe (*lamb*) or a kidde, and half rost hym, or the thridde (*third*) part. Smyte hym in gobbetts, and cast hym to the mylke. Take smale briddes (*birds*) yfasted and ystyned (*query?*), and do thereto sugar, powdor of canell, and salt; take ȝolkes of ayren, harde ysode (*hard boiled*) and cleene a two (*and cloven in two*), and ypanced (*pounced*) with floer of canell, and florish the sewe, (*liquor*) above. Take alkenet fryed, and yfondred (*melted*), and droppe above (*drop it upon the top*) with a fether, and messe it forth.

LVII.—*Leche Lumbard* (qy).

Take rawe pork, and pulle off the skyn; and pyke (*pick*) out the skyn synewes, and bray the pork in a mortar with ayren (*eggs*) rawe. Do (*put*) thereto sugar, salt, raysons, corance, dates mynced, and powdor of peper, powdor gylofre (*cloves*); and do it in a bladder, and lat it seeth till it be ynowhg; and whan it is ynowh, kerf it (*carve it*), leshe it in likenesse of a peskodde (*pod of a pea*), and take grete raysons and grynde hem in a mortar; drawe (*mix*) hem up with rede wyne; do (*put*) thereto mylke of almandes; color it with sanders and safron, and do thereto powdor of peper, and of gilofre, and boile it. And whan it is boiled, take powdor of canel and gynger, and temper it up with wyne; and do all thyse thinges togyder, and loke that it be rennyns (*thin?*); and lat it not seeth after that it is cast togyder, and serve it forth.

LVIII.—*Salat.*

Take parsel, sawge, garlec, chibollas (*young onions*), leek, borage, myntes, porrectes (*French, porrette*), fenel, and ton cressis (*cresses*), rew, rosemarye, purslarye (*purslain*); lave, and waisshe hem clene; pike hem, pluk hem small with thyn (*thine*) honde, and myng (*mix*) hem wel with rawe oile. Lay on vynegar and salt, and serve it forth.

LIX.—*Pykes in brasey* (qy).

Take pykes and undo hem on the wombes (*rip up their bellies*), and waisshe hem clene, and lay hem on a roost irne (*a roasting iron*. Thenne take gode wyne and powdor-gynger, and sugar, good wone (*a good deal*), and salt, and boile it in an erthen panne, and messe forth the pyke, and lay the sewe (*liquor*) onoward.

LX.—*Furmente with porpeys* (porpus).

Take clene whete, and bete it small in a mortar, and fanne out clene the doust; thenne waisshe (*wash*) it clene, and boile it tyl it be tendre, and broun (*brown*). Thanne take the secunde mylk of almandes, and do (*put*) thereto. Boile hem togyder til it be stondyng, and take the first mylke and alye (*mix*) it up with a pene (*feather*). Take up the porpays out of the furmente, and leshe (*lay*) hem in a dishe with hoot water; and do safron to the furmente, and if the porpays be salt, seeth it by hymself, and serve it forth.

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